

BRIDGES

THURSDAY, JULY 10, 2015

IN THE CITY:

New Warman Wall mural promotes epilepsy awareness **P. 7**

CITY NEWS:

Vintage culture thrives at weekly swing dance **P. 9**

SPACES:

Unique hidden work area in lush backyard garden **P. 16**

A STARPHOENIX COMMUNITY NEWSPAPER

BEING BRAVE

MAPPING THE MEDICAL JOURNEY OF KIDS LIKE ELARA JOHNSON, BEADS OF COURAGE TELL STORIES OF PAIN, DETERMINATION AND HOPE **P. 10**



FREE

INVENTORY

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BRIDGES
PHOTOS BY
MICHELLE BERG

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ON THE COVER PG. 10



Two Johnson describes some of her daughter Elsie's Beads of Courage. The beads are a symbol of every struggle and obstacle Elsie has overcome in her short life. BRIDGES PHOTO BY MICHELLE BEERS

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MY FAVOURITE PLACE PG. 7



Clever, 25C (Cody Weiler) stands in front of her mural on the Marquee Wall — her favourite place to showcase her art in Saskatoon. BRIDGES PHOTO BY MICHELLE BEERS

BRIDGES COVER PHOTO BY MICHELLE BEERS

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FASHION

What's your favourite summer fashion trend?

Email bridges@thestarphoenix.com

#SASKATCHEWAN FASHION

Alex Simon: Studs, dresses and everything in between

By Angelina Irimaci

Alex Simon has a hard time picking her style: one day she'll wear an army jacket and combat boots, and the next day a feminine dress. But the dress alone wouldn't be enough, she'll likely layer the same studbed army jacket over it. Although her look changes day-to-day, Simon typically has a bunch of '80s and '90s inspired outfit on. Regardless of what she's wearing, it's bound to get noticed.

"I think some people would probably turn around and look at me! — maybe in a good way maybe not — but either way it doesn't matter to me. Everyone's their own person and they can dress the way they want."

Fashion is extremely important to the 23-year-old, she says what she wears reflects her personality.

Simon also helps other women to do the same: she has been working at Dutch Grocers in Saskatoon for almost four years and is now one of the fashion managers. Simon finds her passion in helping dress others, whether it's for a special occasion or just everyday wear. She also does the styling for fashion shows at the store, which she says are fun-paced and sometimes stressful, but she loves the business — she styles numerous outfits for each show.

"I try to make sure they are all different — trends but all different." Just like her style. While Simon does look to magazines and celebrities for ideas and to keep up on trends (she often goes to trade shows with Stefania or Miley Cyrus), she says that "it's more for inspiration than anything else."

"I try to take those trends and then create my own take on them."

Simon has always appreciated fashion — it started at a young age because of her mother, who she says always was — and still is — a "trendy lady." Her mother's influence played the fashion hand as Simon grew up, she travelled a lot, where she got to experience different kinds of fashion. A trip to Australia in 2010 really got her inspired. She recalls seeing the women who all dressed like models and thinking "Oh, I want to start dressing like that."

But now, Simon doesn't feel that she needs to travel across the globe to see fabulous fashion. She's thrilled with the city's fashion scene and how quick it's growing. "I feel like there's a lot of people in Saskatoon that have really awesome style and very unique style. They're just expressing themselves through their clothing too."

Outfit:

1. SUNGLASSES I amazon. Engineering from Sorel Parts. They have a John Lennon style to them. I think that's fun and kind of vintage."

2. EARRINGS Ake.

3. NECKLACES First: Dutch Grocers. Second: Dutch Grocers. Third: Forever 21 hourly. (wears a chain from Mexico from her friend.)

"It's all about having things or those necklaces all the time — if you can pull it off, it can be a little hard if the length isn't right, but when you find the necklace that can fit together, it looks really cool."

4. JACKET Urban Planet. "I've been wearing it with my high-waisted shorts and combat boots, but I also like wearing it over feminine dresses."

5. TANK TOP Vera Madam from Dutch Grocers. "It's a job color (so) it can go through all the seasons."

6. RINGS Modie (chubby). L.A. 50s style. Dutch Grocers. Vintage. Also Ace of Spades.

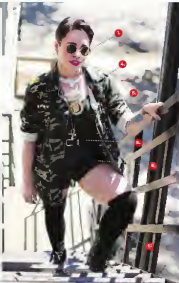
7. WATCH Betsy Johnson from Dutch Grocers. "It's really easy to read the face, which I like."

8. BELT Vince Village. "I've always had — about \$50 or you get it cheap with it."

9. HIGH-WAISTED SHORTS American Apparel. "They are the most comfortable style for my body type and the most flattering style as well."

10. THIGH HIGHS American Apparel. "They are easy to wear in all seasons and they are also comfortable."

11. BOOTS Steve Madden from Dutch Grocers. "I love them because they have studs on them. I'm really into that trend."



Alex Simon poses behind Lydia's Pub in Saskatoon in her belted army jacket and combat boots. Photos BY MICHELLE BERS.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

PHOTO COURTESY OF WES FUNK; BOOK COVER COURTESY OF WES FUNK; PHOTO COURTESY OF WES FUNK



#WES FUNK

First book enjoys a second life

I always refer to my first novel *Dead Rock Stars* as the little book that could.

I wrote it several years ago, when I was still quite naive to the creative writing and publishing world.

Something within me just told me that this book needed to be completed and published. Since it manifested in 2006, it's had some interesting milestones. It quickly sold out of its initial first printing and has been reprinted several times since. The novel was also shortlisted in the *Readers' Choice* category at the 2008 *Slack Book Awards*, and it has even been incorporated into a couple curricula. The indie book has recently been taken over by Regan's renowned *Year Nickel's* worth Publishing, and now has a fresh layout, updated

cover and wider distribution.

Slack's readers chose writer Jack as the best of his father's written death and has to make an abrupt trip from Saskatoon to his hometown in the southern tip of the province. Jack realizes the futility will be tough, but what he doesn't expect is to meet an alluring stranger on the way and to have a faceoff with his brother about a dark issue from the past. Besides being a humorous account of one man's obsessions with rock 'n' roll, *Dead Rock Stars* is a stirring story of destiny on the prairies and acts of forgiveness.

Wes Funk is a Saskatoon-based novelist and host of the weekly *Saskatoon Show* TV program *Let's Happen*. His novel *Cherry Blossoms* recently won a CBC Media Award.



Author Wes Funk, surrealist photo

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IN THE CITY

SUNDAY, JULY 7, 2013 — 12:30 P.M.

Ready for takeoff



Six-year-old Kaitlyn Poir is in the cockpit of the helicopter at the Aero-Clavier Motor Speedway, north of Saskatoon. PHOTO BY WILSON/STW

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Graffiti wall stands for more than just art



Carter 305 (Cody Wilson) stands in front of his mural on the Warrens Wall — his favourite place to showcase his art in Saskatoon. BRIDGES PHOTO BY MICHELLE KING

By Angelina Irticini

Curious 305 (Cody Wilson) was among the first graffiti artists to paint on the "Warrens Wall" — a sound barrier belonging to a homeowner on Warrens Road and Dorchas Street. Local graffiti artists have been painting a different mural on the wall each summer since 2005. It's become a staple sight in the city, cars slow down as they drive past and wedding parties and high school graduates take photos in the front of the wall. Right now it's painted with boy colours (in support of Saskatchewan Pride Festivals) and includes a special piece: Curious recently completed a mural to raise epilepsy awareness.

Q Why is this your favourite place

in Saskatoon?

A After graffiti became one of the good options and the high amount of traffic and people that go by every day. Also, I prefer to paint on cement versus wood or drywall — it's a lot easier for the car control. It's really cool wall. I like the idea that he lets people paint on it and it kind of promotes graffiti as an art form versus vandalism.

Q Can you tell us about what's on the artwork?

A This is why that works for the black, too. Epilepsy organizations come to the owner of the wall and she had the idea that she wanted to promote epilepsy awareness. He messaged me and asked me if I wanted to take part in that mural and I was happy to do so.

Q What is the significance?

A The purple stands for the official colour for epilepsy awareness and the black and white is a symbol of the flashing strobe that is used to diagnose epilepsy. People may think optical illusions (part of the background) create seizures, but it's the flashing lights that cause it.

Q How long did it take?

A This one took about 10 hours, but the other one (on the side backing on a alley) took about 20. It takes anywhere from five to 30 hours depending on the amount of detail.

Q What's the reaction from people who see you while you're painting?

A Most people that drive by look

and give me the thumbs up. Or lots of people will actually pull in here and get out and talk for a little bit about it. Most people like it, and of all different ages so that's really cool.

Q Do you ever get any negative feedback about the wall?

A There are some people that don't like it, they still view it as bad because it's graffiti. But there's the difference between the vandalism and the art form. This is previous and it's spending time compared to somebody tagging a power box with out permission and vandalizing. There's a difference but some people don't see it — but it's coming around lately, people are accepting it more.

Q What process did you take to create this mural?

A First, you paint the whole wall a solid colour. For this one, I drew the outline of the letters then started filling them with all the faded colours. Then I drew the box illusion on the right to get the background out of the way so I lined off all those squares. I just free handed the over optical illusion. I left the graffiti part for last. Once the faded fill was done I took the black colour and filled where the original outline was and then took the purple and yellow around the outside of the black. And that pretty much finished it up and contrast the black to make it pop. Then I do all the touching up and details and stuff like that.

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For more information and pricing: www.saskatoonzoo society.ca

Cameco **The StarPhoenix**

NEXT WEEK: At what age should a child receive an allowance? Email bridges@thestarnboenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

Are there any aspects of parenting you'd rather leave to your partner to handle?



"The puberty and sex talk with my boys — came first."

Not Paying for Things And giving instead — Donor Deductions

"All the same stuff. All the actual work, papers and eventually the uni talk. I've got the playing games and sports stuff down though."
— one Teacher (Birmingham)

"Bodine, during hawking (catch-croaking) agents during if required I can take over at anytime but crossing over took into the future makes me tired" — Heidi Cross

¹“We won a 6 a.m. hockey practice.” — *Slide 5*

That's it! With five kids eight and under we each have to do it all but I might change my answer once the two girls are gone! — via Twitter @DadLife

"Not now. We are both aware of all aspects of poisoning our boys but when it comes time to the birds and the bees /I think I can live that one up to date" — Shelby Lambert

"I'm involved with every aspect of parenting—no desire to have things up to just my husband!"
—Michelle Gosselin

"We try to parent equally but there are days when I'm discolored not feeling well so I bring it up to her. The kids have also figured out that if they don't like the answer I give them, they'll go ask their dad. Most often he will ask me but at times the kids get confused and get a better answer."

"Homework. My husband is more patient than I am and thus makes a better homework partner."
— Nick Michale

*Hair washing, tooth brushing and homework / do
be included! ... Good night

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CITY NEWS

SWINGIN' ON THE SASKATCHEWAN

Old-time dancing brings mix of people to River Landing



(From right) Ashley Pashkowsky and Thomas Gendewald enjoy a free swing dance lesson during Swinging on the Saskatchewan Anniversary Festival at River Landing. SHOOTER PHOTO BY MICHELLE KING

By Angelina Irimaci

The lively big dance was born in the 1880s and 20s in Harlem, New York, and now it's being danced every Tuesday night at River Landing on Saskatoon.

Saskatoon's Lindy Hop organizers, Swinging on the Saskatchewan, a weekly event where everyone is welcome to a free one-hour swing dance lesson followed by music and dancing until it gets dark.

"The organization really exists to give people the opportunity to dance and provide some intro level instruction so that people can jump in and start to learn a bit," says Sherissa Harkin, Lindy Hop's past president who is currently helping the new

president transition into the role.

Saskatoon's Lindy Hop is a not-for-profit organization that aims to promote swing dancing, its music and the vintage culture that goes along with it. The group has about 30 volunteer members that organize the weekly event at River Landing as well as an outdoor dance event once a month. Harkin says that they see new faces each week, around 30 people show up for the free lesson and more come for the dancing afterward or just to watch.

Ashley Pashkowsky, 27, has been going to Swinging on the Saskatchewan since last fall and appreciates the "warm and friendly" crowd it draws in. It doesn't hurt that the group gets to dance with the beautiful South Saskatchewan River in view.

"It's just the most wonderfully old time music I'm finding when the music's perfect at night and when the river's down and just reflecting the light. It's beautiful," says Pashkowsky.

A number of other dancers agree, especially about the friendliness of Saskatoon's Lindy Hop volunteers. Harkin says that being welcome is the group's goal. People of all ages — high school students in seasons — get out to dance together at River Landing.

"We have a crazy mix of people that normally wouldn't be together that are all really interested in dance," says Harkin. "People (are) just embraced as they are. Some people come out and they're really bad at dancing, but they are persistent — and there are people supporting them along the way."

Sherissa Harkin is 65, but she says she feels 35, especially when she's dancing. She stumbled across Swinging on the Saskatchewan last summer while she and her sister were out for a walk, and has been involved ever since. Dancing is nostalgia for her, too — she moved to Saskatoon two years ago from the Philippines, where she used to dance with her father and siblings at celebrations. Swinging on the Saskatchewan has helped her connect to her home country.

"I love dancing — it's in our culture, we dance a bit," she says. "I just started dancing because not all of my siblings are here."

She says she likes the exercise and enjoys meeting new people. She decided to become a member of Saskatoon's

Lindy Hop because she wanted to learn new steps.

"I have something to look forward to, I just love it," she adds. "Life is so beautiful here."

The dancers have tonight in a fun or two. Louis Maynard, 35, lives near River Landing and while he admits that he can't dance anymore due to his arthritis, he comes out regularly to watch the dancers.

"Dance is good for the soul. I like music, it kind of cheers me up. It's nice to see active young people," he says.

Swinging on the Saskatchewan is at the River Landing amphitheatre every Tuesday night, weather permitting. The free lesson starts at 7 p.m., followed by dancing until it gets dark.

ON THE COVER

I just thought there had to be something more of a reward for these kids to go through this. — Doug Gillespie

BEADS OF COURAGE

Beads a symbol of pain, determination and hope

By Angelina Irimici
with files from
Ashley Martin

Every parent worries. Is my child too small? Too big? Am I too hard on her? Am I too lenient? Will he need a math tutor? Why isn't she making friends? What if he doesn't get an acceptance? The concerns are endless and daunting. But then, you hear someone else's story.

Kiana Johnson is two and a half years old. She has curly blonde hair but carries blue eyes and a heartwarming smile that shows off two chipped front teeth. She's sitting in her living room in San Antonio, the sun pouring over her, while she happily plays with her beads. Kiana has nearly 30 inches of beads, including three brass heart and pink heart shaped ones. These signify the three open heart surgeries that Kiana has endured — all before she was eight months old. A fish tank bead symbolizes the first time Kiana took a breath on her own without a ventilator, the way 30 days old. At almost one year, she earned an orange cone bead to celebrate the first time she ate solid food — she was tube fed carrots at the hospital. Yellow and black beads probably take up the most room on Kiana's string of beads. The sea of black beads is a reminder of the hundreds of times she's been "poked" by a needle while the yellow ones indicate every night she's slept at a hospital — too many to count.

Kiana isn't the only child who earns these special beads. Almost 580 other children in San Antonio have heart experiences and beads, like the ones Kiana is tangling between her tiny palms. They come from Beads of Courage, a not-for-profit arts and medical program that helps children and the families cope with chronic illness. San Antonio was the first province

in the country to implement the program in its hospitals. Special beads are given to represent different parts of their medical journey. Children like Kiana can wear the beads as a badge of honor; it's a visual timeline that reassures what they have been through and prepares them for what is ahead.

"I think it's awesome," says Kiana's mother, Tara Johnson. "It's a permanent reminder of their story and they can show their friends and family." Although Tara knows what each and every bead represents, she does have a favorite: A big, colorful psychedelic looking bead with yellow bumps. This bead was given to her on the first day she and her husband could bring Kiana home from the hospital. They had to wait nearly five months for that moment.

When Kiana was three days old, she went into cardiac arrest and doctors discovered she had a rare and complicated congenital heart disease, and a number of other heart defects. Surgery should be done within four to five days, but since Kiana was born premature, she was too small. She remained on life support and at two months old and weighing only 10 lb, Kiana had her first open heart surgery — a procedure the doctor called "spooky." He says her 30 per cent chance of living.

"When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future," says Tara.

Kiana's future could resemble some of what Sydney Dorosh lives every day. On a cloudy week end in June, Sydney's biggest concern was preparing for her first time using a stoma bag. Like most 11-year-olds, she was putting off picking out friends' shoes that she would go to the dance (she doesn't own any dresses.)



Tara Johnson and her daughter Kiana looking for Beads of Courage. BEADS PHOTO BY MICHELLE WILK

They don't have a lot of opportunities as everyday healthy kids in the hospital. So, we look for ways to create opportunity for them to take control. — Shaylene Smith

But the camp in Rocky Creek, Alta., far from her home in Regina, is about much more than wars among real rock climbers. It's about meeting other kids like her.

Sydney, who also earns credit, has a weakness — a tube in her stomach, because her bowels don't work properly. This particular procedure means she doesn't have a bag attached to the tube, so she can do her back at home, when it's convenient. The camp is huge for children, says Sydney's mom Gerry.

"We think you're broken, you think you're different."

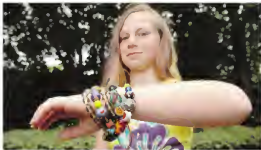
When you look at her, you wouldn't think there's anything wrong. But Sydney has been sick since she was a baby. Today, Sydney's hair matches her beads — she's added coloured powder to dye her hair purple and green. Her dad walks in the room and notices: "Your hair's green."

"Yes, yes," Sydney responds. Sydney is like most adolescents: girls, she likes Instagram and plays the game Subway Surfers on her iPhone to pass the time. But for her, this is during her bi-monthly trips to the Alberta Children's Hospital in Calgary.

Since she started collecting beads a year ago, her family along with a child life specialist at the Regina General Hospital, introduced her many major procedures Sydney has endured in the previous 30 years. Many of the larger acrylic beads on her string represent 100 smaller beads.

Like Elara, Sydney has numerous thick beads, representing polio. But unlike Elara, Sydney knows what they mean. "They used to change the colours for that because I have way too many," says Sydney. "I get those every time I go into the hospital."

Continued on Page 12



At her home in Regina, Sydney Durack displays the beads she began collecting a year ago. PHOTO BY MICHAEL BELL

BRIDGES BUSINESS PROFILE

an evolving feature

RG's Lounge opens in Saskatoon

Happy hour in Saskatoon just got a little brighter, thanks to the addition of RG's Lounge.

RG's Lounge is a great place to relax and mingle, relax and unwind after a long day's work or catch up with friends over a cocktail or two. Sports fans can catch all the action of their favourite game in this fun and spacious executive-style lounge that offers plenty of easy and comfortable seating areas to kickback over nibbles and a favourite brew.

The new lounge is situated next door to Ricky's All Day Grill, an upscale family eatery that is a part of the Best Western Royal Hotel on Highway Drive North. It's open daily, with the full-service menu available from Ricky's All Day Grill — known for its big breakfasts, generous portions and extensive menu that includes such favorites as the juicy Certified Angus Beef burger, the jaw-dropping steakhouse, Big Beef Day and the massive helping of fall-off-the-bone Big Bones. Many of its modernized/revamped areas are available all day as well.

For the lighter appetite, RG's Lounge serves a great selection of appetizers and also features daily specials.

The tempting drink menu offers numerous thirst-quenching brews, with the cocktail selection spanning

from classic martinis and Caesars to enticing blends. There is a nice variety of wine as well, with various selections featured at half-price every Wednesday.

Patrons can sit back in an evening armchair around a fireplace, settle up to the bar or enjoy more intimate seating in a comfy booth. Gaming fans can also try their luck at the VLTs, housed in a separate room; its large screen TVs are ideal for watching sporting events or catching up on the evening news.

RG's Lounge is a welcome newcomer to Saskatoon's lounge scene, and a great addition to what's on tap at Ricky's All Day Grill. The fast-growing family restaurant/franchise has 65 locations across Canada, and has been serving Saskatoon for a dozen years, opening its doors in 2004. Ricky's began as a pancake house in 1962, and has since evolved into a successful restaurant chain that recently celebrated more than 50 years of serving up great family fare.

With good food, good drinks and a dynamic, fast-moving atmosphere, RG's Lounge is the ideal place to get together with good friends — or make new ones.

RG's Lounge
1715 Highway Drive North
Hours: Monday to Saturday, 11 a.m. to 9 p.m.;
12 noon to 9 p.m. Sunday



Bar tender Louie serves up everything from thirst-quenching brews to blends.



Cozy seating allows patrons to relax with friends or watch the game in Ricky's new executive-style lounge.

When you look at her and see her walking around, people don't really know how much she's endured and what she's been through and what she potentially has to go through in the future. — Tara Johnson



Doug Johnson and Elara at the Beads of Courage Colour Festival Five Run in Saskatoon. Throughout the race, volunteers throw coloured powder on the runner to symbolize the beads. **BEADS PHOTO BY MICHELLE KING**

To get through difficult hospital stays, sometimes Sydney cradles her head and closes up her mouth by hanging herself on IV poles. Though the beads are gritty and sized for six months, it's old by now," says Sydney. Unfortunately for Susan Nordin, she's spent 36 days in the hospital during four separate trips — one of which was in June, just before summer camp.

Beads of Courage started in Arizona in 1970. In 1979 Saskatchewan's Doug Gilchrist, who sits on the Beads of Courage Canadian board of directors, brought it to Saskatchewan (it's now also in Alberta and Ontario). She was receiving his own cancer treatment when he saw child cancer patients in

a crowded off room. He then made a realization.

"I just thought there had to be something more of a reward for these kids to go through this," says Gilchrist.

Two days later, he saw a television program promoting Beads of Courage and soon he and his friends were organizing a fundraiser to start a Saskatchewan chapter. They raised around \$10,000, enough to establish the program. Now, Beads of Courage is in three hospitals in the province: Regina General and Pasqua Hospital in Regina, and Royal University Hospital (RUH) in Saskatoon.

Recreational therapist Shylaine Smith regularly hands out beads and

says it improves the children. Her job at RUH is to help children and families cope with the stress of illness, disability and hospitalization. Or as she describes it, she "makes the hospital a less scary place for children." She says that since Beads of Courage has been implemented at the hospital, she has seen a dramatic change in the relationships between hospital staff and children and their families. Smith says being something to look forward to makes coping easier for the children.

"They don't have a lot of opportunities as everyday healthy kids in the hospital. So, we look for ways to create opportunities for them to take control."

Although Sydney doesn't live in the hospital, she does spend at least an hour a day doing her Beads, which involves two kinds of lectures and online rotations, and 45 minutes sitting on the toilet.

If she wants to go to a friend's house for a sleepover she has to do her Beads before she goes. Skipping one could ultimately land her in the hospital for a high dose medical Bead. Many of her hospitalizations have been to get her head properly cleaned out so she can get again.

"You do everything on your power not to man Beads," says Cheryl. Elara and her family also have a medical regime to follow, even though now, she looks like a regular

her healthy and happy toddler. She loves Lala Gagne dolls, is enrolled in swimming lessons and is working on potty training. She's bright, engaging and whether it's a game or a long drive home, she makes it clear what she wants. But, after spending some time with Elara you notice things, an unsettling ease down the centre of her tiny chest, her relaxed mobility, she can't sit down or get up on her own. And she has speech apraxia, which makes her words come out as a low raspy growl. What you can't see is a small hole in her heart. She requires oxygen to sleep every night and has at least three doctor appointments a week. With all of that, Tara says it's easy to have "why not?" moments.

When you start this journey alone, you're scared,
there's so much information to take

— Tara Johnson



Carly Sydney, Chelsea and Brian Dorcich. KLASER PHOTO BY MICHELLE LILL

"Why did this happen to us? Why did she have to be sick and why does she struggle so hard and can't do things that other kids can?"

Looking at the heads gives her strength. It reminds her of what Clara has already overcome.

The heads also help in dealing with specific procedures. In Clara's case, she's been poked so often that her veins are scarred, making it difficult to draw blood.

"I have to put my arm across her chest and hold her down. She looks like it's in the eye and begs me and says, 'Mama, mama.' And she cries and begs me not to do it."

That's why Tara is making awareness of the program. She wants other families to benefit from it. In early June, she and a friend (whose son also runs head) organized the Heads of Courage Run/Walk in Saskatoon. All of the \$10,000 raised was donated directly to the program in Saskatchewan. Over 300 people ran the five kilometers, some of them holding "team heads." After the run, they wrote a message of encouragement and sent it, along with one head from the group, back to Heads of Courage, for it to get passed along to a sick child. Heads of Courage children across the world will know that someone in Saskatchewan ran the race in their honor.

The race symbolized a shared journey and solidarity. Three tightly related people on the runners to symbolize love.

"Nobody plans for their child to get sick when you start this journey alone. You're scared, there's so much information to take," says Tara. "Everyone was starting the race the same and as they made their way through, they

accelerated faster."

Brian can relate. "I guess you get used to it. At first it seemed like a lot of work, but now it's just a part of life."

The Danish family is used to stylized holidays. They go on midsummer trips for kids — less school and work in general (that way, *Air Travel* is difficult). They need special permission to carry on Sydney's medications and supplement drinks, which she takes when she's feeling ill and can't have real food.

There are no political challenges, Sydney is one of only three people in Saskatchewan with accompanying governmental support in care. The family has been fighting to get funding for everyday supplies, which total thousands of dollars each year.

The camp aims to make Sydney feel less alone while dealing with these types of issues. While she'll likely have the illness for the rest of her life — it could change with puberty — for better or for worse is unknown. For now, she's still an Olympic kid who plays soccer and hangs out with her friends. She shows them her head when they come over, but it's not a big deal to them.

"My friends say, 'They're cool.' They don't really say anything," says Sydney. Tara is not worried that one day, Clara may not be so lucky. She says she worries that Clara may get made fun of at school for being different. But if she does, Tara knows her daughter has one thing to keep her strong. When things get tough, she hopes Clara will look at her head and think, "If I can overcome this, I can overcome any thing."

Tara really believes that she can.

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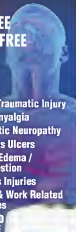
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SASKATCHEWAN'S BEST SPACES

Patience works for a garden of perennials

By Angelina Irmaci

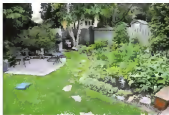
WHO? Saskatoon Perennial Society executive, Patricia Chubb and her husband Dennis.

WHERE? In the Silverwood Heights area in Saskatoon.

WHAT? Their backyard and garden, which was part of the Saskatoon Perennial Society's list of three garden tours this summer. Their yard is mostly made up of perennials, a few annuals and neat additions like a transit sitting area, a cottage-looking shed Dennis designed and built, and Patricia's favourite area, her hidden workspace. A few years ago Dennis had the idea to build a little "free house" in the corner of the yard after they took down a tree. Behind it is Patricia's workspace complete with a compost, tools and plants. "I don't have to clean it up all the time because it's hidden — it's so neat and so practical."

HOW? It's been a work in progress since the couple bought the house in 1988 when the yard only had one tree — a green ash.

HOW? They worked as a team to transform the bare yard into one that is lush with flowers, greenery, space for unique garden decorations, and vegetables. "He's the thinker — he does the big things and I do all the little details." Patricia had a vision when planting, she likes to see repeating colours, and tries to stay away from orange (it tends to clash), but she does let the plants grow out on their own. "I kind of just accept the rest of colour." She also looks to gathering inspiration and takes to other gardeners for now does. She researches which kinds of plants do well in Saskatchewan and which plants go best together. Patricia says that patience is important when planting, she preferred to buy ready-made flowers as they come easily. She has the starter packs in pots and grows them in smaller pots until they are ready to be planted.



BRIDGES PHOTOS
BY MICHELLE BERS

SPACES

WOW? At first, the couple had mainly planted vegetable plants that Patricia plants just looked like little trees. They decided to plant more flowers, and she says although it is a bit of a mental process, it finally came together. "One day you realize there's hardly anything but flowers." They do keep vegetables around: lettuce, Swiss chard and parsley are dropped in the backyard and they grow other vegetables including carrots, beans and tomatoes along the south side of their home. Patricia says gardening is a great way to spend time, outside in the summer and leaves watering in the dirt. The yard is just friendly to the couple has grandchildren, so they left enough room for them to run and play. A tiny table, instead of a lawn, was the result of the patio furniture. She appreciates the beauty of gardening—all she has to do is look out her kitchen window to enjoy it.



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Lyrics to "Billie Jean"
- 4 City down the river from Harrison
- 6 "The Middle"
- 10 Assorted about
- 18 English cricket
- 17 A and others
- 19 Name down which he is on a journey
- 20 Took care of business
- 21 Shillings
- 22 Unit first used on a bank of Andrew's jump
- 24 Word before "business," "magnify" and "fame" at the start of a Shakespeare play
- 25 Discussion
- 26 They're taken in
- 28 Not with more than 25 million speakers
- 30 It's the birds
- 32 On deck
- 37 Like many first-line means
- 42 Queen's "The Divine Comedy" is
- 43 Broken into pieces?
- 44 Indirectly right
- 46 Nautical unit of distance
- 47 Do... (first-line chess)

DOWN

- 1 Pityful birds: e.g.
- 2 Kites
- 3 Across and July
- 4 Matted hair
- 5 I, myself
- 6 Exact to the door
- 7 Some plus
- 8 South America is an
- 9 Give me to
- 10 Confirmed
- 11 Conspicuous is quiet
- 12 Jet
- 13 Lovable idler
- 14 Early second-century poet
- 16 Not a canon prophetically
- 23 Or, seldom
- 24 "The Middle"
- 25 "The Middle"
- 26 "The Middle"
- 27 "The Middle"
- 28 "The Middle"
- 29 "The Middle"
- 30 "The Middle"
- 31 "The Middle"
- 32 "The Middle"
- 33 "The Middle"
- 34 "The Middle"
- 35 "The Middle"
- 36 "The Middle"
- 37 "The Middle"
- 38 "The Middle"
- 39 "The Middle"
- 40 "The Middle"
- 41 "The Middle"
- 42 "The Middle"
- 43 "The Middle"
- 44 "The Middle"
- 45 "The Middle"
- 46 "The Middle"
- 47 "The Middle"

43. City history
44. City name
45. Good named six times in a children's garden
46. Assured name
47. Kind of eyes
48. Distance
49. Words from one who doesn't call?
50. Crime that may be involved with crime
51. Music
52. Poets
53. North Carolina University
54. John (with)
55. Cleanse (off)
56. Tied

PHOTO BY JAMES TULLY

JANRIC CLASSIC SUDOKU

Lavett Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Silver to Gold (hardest).

		7	3	2				
5	7		8	1	3			
		6	9					
6				8				
9	3	1	7	6	4	2		
			4			3		
				4	2			
7	8		2	9		5		
9	5		7					

Solution to the crossword puzzle and the Sudoku can be found on Page 21

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ON THE SCENE

• PETS IN THE PARK



The annual Pets in the Park was held on July 1 at Keweenaw Memorial Park. This is the only day of the year on which pets are allowed to accompany their human families to the downtown park. Tens of thousands of local residents, a food vendor, and the Saskatoon City Police K-9 unit, along with dog agility and fly ball. Doggie pools were, even provided. Saskatoon Pets in the Park is a registered charity, founded in 2004, and is dedicated to raising funds to provide care for sick, injured, neglected and homeless animals. The Saskatoon SPCA holds a walkathon every year in conjunction with this event.

- 1. Debbie Atkins and Muey
- 2. Stephanie McGowan and her Norwegian Ridgeback say 'hello' to a blue heeler puppy
- 3. Five-year-old Afghan hound Darys
- 4. Tenile, a 10-year-old German shorthaired pointer, pulls her Brussels Griffon Phoebe in a cart
- 5. Boston the St. Bernard
- 6. Three-year-old Akita/Chow Phoenix the milk snike



BRIDGES PHOTOS BY MICHELLE BERG



ASK ELLIE

Husband's sudden secretiveness needs a confrontation

Q What's it mean if my husband is suddenly secretive? We've been married for 13 years. He went to his high school reunion a couple of months ago, and ever since, he now goes outside when he's on the phone. He says it's business, long distance, and there's not a good reason in the house.

A Also, after you're already gone to bed, he'll get up and go on his computer for over an hour. Am I being forward to enough to know what's really going on?

Suspicious Mind

A You're being forced to talk, not sleep. That year husband's obviously affected enough to blank you from overhearing his conversations. Or less you're his business competitor, there's no harm in your overhearing something... except if it's something he's trying to hide.

Ask Ellie



Confront but gently. There's no rationalized evidence of anything beyond what you feel. Say that you feel hurt that he's suddenly (that's the operative word, because it makes his actions significantly below secrecy) Say that his late-night computer activity is now and otherwise. It's distanced you from whatever is driving these changes.

If he attracts angrily or just denies and shrugs down. Then one more session may turn up the evidence you need to meet an decisioning this openly. That's OK! I don't advocate snooping as a habit. If pursued frequently at some trust is already gone and the

relationship's in trouble. At that point, marital counseling's needed more than snooping.

Q My husband insured me, but he insists we have open accounts on everything—credit, phone, Facebook, etc. He insists on joint bank accounts and Visa too.

A He says it's the best way right from the beginning, so we don't have the chance to have secrets, which he believes are the beginning of cheating.

I'm unsure if it's right about this. I sometimes feel like a child, since I have to ask for money to buy myself anything at all.

Uncertain Bride

A Yes, you ARE being treated as a child and it speaks volumes about his need for control.

One joint bank account is a common approach for household bills you share. So, too, is another joint account for saving towards vacations and big purchases.

But ALL accounts shared puts you in the demeaning position of requesting money and explaining its use even for buying new underwear or getting a new haircut.

When there's a self-appointed overseer in the marriage regarding money and purchases, it creates inequality even if you're returning as much as he is.

And it suggests there is no trust built here. That makes the "openness" of social media and phones all about distrust, since they too will be monitored.

Insist on marital counseling about all this, now or you'll be regretting later on, as distrust and turbulence ways he will not be able to control. Or, you'll just leave him.

Q My fiancée's late husband left her over \$3 million. She insists on a prenuptial agreement to safeguard her assets.

While I agree on the contract's importance, I think it cheapens wedding vows. If renewed and I

thought it important to safeguard my assets, I'd prefer not to get married than to ask my future spouse to sign.

I will sign the prenuptial agreement, but insist that we get married without ceremony by a Justice of the Peace at the Clerk's office and that she keep her last name. Your thoughts?

Marrying as Men

A Many people, like you, feel nervous about being asked for a pre-nuptial request, even when they understand its need, in theory. That your "sister" sounds positive, like she's learned your job, so you'll learn hers.

Instead, suggest a scheduled review of the pre-nuptial after five years of marriage, or an agreed time that she leaves you if she passes on first.

TIP OF THE DAY

A spouse's sudden move to secretiveness calls for talking about it before snooping.

**Next week in
BRIDGES**

**Former Olympian
Margaret Tosh
still breaking
records at age 75**

WINE WORLD

#VEGAN WINE

Notre Terre ethical choice for

By James Romanow

There always have been people who think of what they eat as a moral issue (e.g. Levitt's) and I expect there always will be. I'm of the environmental persuasion — I just stuff things in my mouth and decide whether I like it or not.

The most popular form of self-regulation currently rejecting celebrity as number one on the charts is to declare you're a vegan. The more "vegan" you are, the more all-consuming the pursuit becomes. What foods are using some slight form of animal additive? Is there any natural gelatin in the glue you like on an envelope?

Some vegans take such questions entirely seriously, and that means they can drink almost no wine. Prior to filtering, wine is fined, a process that removes other and increases stability and improves clarity. Traditionally, this was done with egg whites or gelatin, substances no serious vegans. Ok, there's no reason, particularly the very best ones, will use silk or skin.

If this is important to you, the SLGA, a wine certified as vegan drinks like a Notre Terre. They fine their wine with bentonite clay and have the vegan certification to prove it (see picture).

Personally, I think certifications were a long way to choose wine — Manichewitz (leather seats) anyone? However, my ancient Blender



that technique of stuffing my mouth also gives the wine a just there bouquet and palate are quite light and slightly mineral. The finish is short. It reminds me a little of a Beaujolais Villages although the grapes are different.

All this that wine will certainly contribute to your feeling of self-doubt. I'd resort to the bag of organic chicken soup, you will be half this price and food with industrial products (but not egg whites or gelatin).

Organic Wine Works, a Notre Terre, 2012, 2013

More on organic wine in Monday's Staff Book or @drhoos on Twitter

Crossword/Sudoku answers

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	
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Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. I visit my backyard with my family and friends and enjoy some time away from the city. Borrow a family Nature Activity Kit Pack and live a bit... nature aware!



Dear Chip,

When do beavers have their babies and how many do they have? Julia

For many mammals this is a simple and consistent answer, not for the beaver! Mink mate in February or March and the gestation period, the time that the young grow inside the mother, can last anywhere between 40 and 80 days! Mink can have their babies anytime between March and July. Imagine if your baby brother was in your mother's belly and you didn't know if he would be born in May, June or July? Mink are adapted to ensure their young successfully. The growth of the embryo inside the female is delayed until there is enough food available to support her and her young. She will give birth to an average of 4 kits per year. These babies are born with their eyes closed, and the parents continue for the first 20 days. The mother mink nurses her young for 5 weeks. By the time they are 8 weeks old they can build on their own. The young will stay with their mother until they are fully grown, 10 to 12 months later. Thanks for the question!

Send your questions to me at the address below. Then watch *Beavers for the answers*.

Your pal, Chip

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Farmers' markets shine in summer



Jenise Rubick serves up pancakes and strawberry sauce at the first annual Strawberry Jam Jamboree at the new Country Farms Marketplace at Saskatoon's Centre Mall. **Wendell Photo by MICHELLE SIKS**



Executive sous chef Chris Miller with the salad and crab stuffed chicken featured at a recent Farmers' Market Fresh Street dinner at the Hotel Saskatchewan. **Wendell Photo by JENN SHARP**

By Jenn Sharp

Saskatoon is Saskatchewan's newest city to host a farmers' market. Vendors are stocked with plenty of curly greens, fruit and even some root vegetables. Asparagus is plentiful right now, too.

The beginning of July is strawberry season, so to celebrate, Saskatoon's newest market — the Country Farms Marketplace — held its first annual Strawberry Jam Jamboree, with a strawberry pancake breakfast and local musicians.

The co-operative indoor/outdoor market is held every Thursday at the Centre Mall parking lot (on front of Downtown and the Transitway). A second outdoor location is opening July 16 at Confederation Mall. Organized and

run by market coordinator Jenise Rubick is a jam jammer at the market, especially in the season. She loves shopping at farmers' markets. She's working to build a community among the vendors and customers every Thursday.

"We like to bring out, share stories, talk about food and gardening. We learn from each other. That makes us stronger as a market," she says.

There are several vendors selling fresh produce, some with baking and jams, and others with artisanal products. George Khramov from the Goldenview Gallery was proud to show me the first baby potatoes and beets of the season, saying "we beat everybody else!"

If you're going to the market, go early in the day to get into that know-

ledge stuff. The traditional Norwegian bread is made from potatoes, butter, onion and dill. She offers rolls out of the oven bread by midday and offers free samples to make customers like makes so much of it for market days that her husband Edward says, "our home is a little production plant."

The market is still in its infancy with about 10 full-time vendors leaving room for 30 more. If Rubick can attract more amazing characters like Khramov, the community marketplace will only continue to grow.

♦ ♦ ♦ ♦

This summer Regina's Hairy Skin Saskatchewan is again offering the Farmers' Market Fresh Street dinner at the Hotel Saskatchewan. Chef's source the ingredients

from a variety of vendors at the Regina Farmers' Market (held in City Square Plaza on Wednesdays and Saturdays) to create the menu. The three-course dinner is about \$50 with an optional wine pairing.

Executive sous chef Chris Miller says the dinner is a way to feature fresh local ingredients from Saskatchewan to their guests at the hotel, while supporting local suppliers. The chefs also enjoy creating different menus each week.

"We can produce more unique dishes this way," he says.

A recent menu featured a fresh field green salad with cherry tomatoes, red cauliflower (all from Bickelmeier Farms) and blackberries with a honey curried onion. Zestier. Honey. Wine.

A thick rolled chicken from Jeff's Crispy for the main course was accompanied by baby oyster mushrooms, carrot and grilled asparagus. The mushrooms came from Stella Ousem, while the veggie was grown by Bickelmeier. The dessert course was a strawberry rhubarb (also from Bickelmeier) tart with vanilla bean ice cream.

The dinner will continue into October and will also be offered on Wednesday nights starting in August. Reservations are recommended and can be made by calling 306-692-1990.

What have you been sourcing from your local farmers' market? Send me a note: jsharp@thisissaskatoon.com or on Twitter @JennSharp.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a line drawing meant to give kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridged@stephsmckay.com. One winner will be chosen each week. Please send entries in by Monday at 9 a.m.



Last week's contest winner is Kait, Jon and Grace Green. Thanks to everyone who submitted entries!



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The Giggle Factory is turning 10! Our big birthday party will be on July 20th with a lot of fun stuff planned!

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THE DEAD SOUTH

Quartet says cello to bluegrass



The Dead South band members: Scott Pringle (cello), Scott Pringle (mandolin/vocals), Mike Mills (guitar/vocals), and Colton Crawford (banjo). PHOTOS: PHOTO BY GOWHEAT

By Ashley Martin

The Dead South can trace its roots to Minnesota band Thumpol by Turfhouse and Colton Crawford's two yo purchase.

Shortly after the band, while listening to the former Crawford and his friend Steve Mills agreed they'd like to be in a bluegrass band. Mother had played bluegrass music before.

Colton Crawford, who joined and, now in the same band.

"At first I was playing long stinks,

like crows," said Kenyon. "As the songs progressed and as we started to write more different songs, the whole bluegrass, BOM (BOM) BOM" just started to come into place."

Then another learning curve with Scott Pringle.

"I picked up a mandolin for the first time, didn't know how to play it at all," said Pringle. "I'd never even listened to bluegrass."

But the growing pains were short-lived. The Dead South has had a quick rise to success since its first

last September.

The group played for a crowd of 200 at the Regency Premier's Dinner in May, which is how lead singer Mike learned. "I got more nervous playing in front of 10 people than I do in front of a large crowd for some reason."

The band is now in Alberta, on the road of an unprecedented tour to support its first EP, which was recorded off the floor at Regency's local sound.

"Everything's kind of blown up pretty fast," said Crawford.

The Dead South's sound is an appealing mix of roots and modern — where folk-rock, bluegrass, and pop — and then at every show — drawing from indie acts like Old Crow Medicine Show, Steve Martin and The Roots, and the Dead South's roots, the band looks like a standard band, but Kenyon's cello serves well.

The double bass "has a whole different range than I do. But it does work to my advantage because I can play folkie tunes if I want to," he said.

"It's kind of the best of both worlds,

between having a bass and a fiddle. It's kind of like that middle ground," said Pringle. "I don't think anyone else is doing it. Never heard of a cello being played as a bass before."

From their first tour, the four friends halfheartedly hope for "Stone and Baroque."

But they all have good careers, so music "can be play without becoming work," said Crawford.

While studying to become a French teacher, Pringle and Crawford are teachers. Kenyon is an engineer.

GARDENING

Use some precautions to stay safe in the garden

By Erl Svendsen

Gardening is not a spectator sport. It usually involves bending, squatting, walking, lifting, carrying, pushing and pulling. Straining before and after can help you to avoid muscle aches. Always lift with your legs to avoid back strain. Do not water your entire summer by getting your back out.

Don't be like Neil Coward's mad dogs and Englishmen, plan your gardening around the cooler parts of the day and work in the shade when you can — before noon and after 3 p.m. as the sun begins to dip down. Remember to drink water, wear a hat to keep the sun from cooking your brain and protect exposed skin with sunscreen. Insect repellent is always a good idea to reduce the nuisance factor, especially with West Nile virus season approaching.

I know gardening can be hot work, but can order wearing long sleeves and pants to avoid scratches when working around thorny and prickly plants. This is especially true for working around gladioli (Gladiolus) when you purposefully. Gladioli produce volatile oils that can cause phytophotodermatitis. If you realize you're scratched up against a gladiolus plant with a bare arm or leg, particularly on a hot day, use immediately go to the shade and wash it with soap and water. Symptoms range from a mild rash to blisters — the longer the affected skin is exposed to sunlight, the more intense the reaction can be. The symptoms may take 24 to 48 hours to fully develop. Despite this problem, gladioli are beautiful, fragrant (blooms), long lived, genuine adapted perennial with purple or white flowers, available for the real home.

Wear sturdy footwear to protect your feet from sharp gravel or an errant sharp hose end. To enhance foot protection, consider wearing a leather shoe for the summer and to properly protect your hands from thistles, blisters, cuts and stings, wear good leather gloves. Leather will rub off cloth and generally this much better. But do not wear leather gloves for leather (bushes or hedges) when applying pesticides — opt instead for nitrile gloves. Chemical resistant gloves. Also, follow all safety precautions listed on the pesticide label (Ohio goes for organic pesticides as well).

Don't forget eye protection. It is all too easy to scratch your eye with a branch right in front of your face when you're concentrating on something at arm's length. Or growed, pruned or high speed by a string trimmer/wind cutter can literally put out an eye. Prescription eyewear is generally not large enough to do a proper job unless they are at Mr. Muggo's.



Gladioli are beautiful and fragrant, suitable for the real home in your garden. Avoid touching the flowers until you have washed your hands. You can give your skin a better look by using a hat.

particular, forest in a pair of safety goggles — some can be quite sporty and usually at your regular place.

A couple of final precautions. First, look for overhead lines when pruning large branches. Branches are surprisingly heavy and can easily break or even cut a connection between the wire and the ground. Second, consider the utilities that are underground when digging deep. For most garden activities (rototilling, installing heavy irrigation lines, planting smaller trees and shrubs by hand) underground lines are not a concern. But if using large equipment to remove trees or replacing a tree with a plant, a new tree, call all the utilities to mark their lines (cable, electricity, phone, gas, water). Garden safely this summer.

This column is provided courtesy of the Saskatchewan Perennial Society (www.spsns.org), email: erl@spnsns.org.

Announcements

July 14, 2-4 p.m. Garden Tour at the Saskatoon Zoo and University Farm Park. Meet at the Supermarket's Prairie Life Society (www.prairie-life.org).

July 16-21, 2013 Annual Lily Show at the Mall at Lemon Heights. Lily show on an aisle after the show on the 16th at 3:15 p.m. Sponsored by the Canadian Prairie Life Society (www.prairie-life.org).

Gardening is open for the season. Call 366-866-8665 (long distance charges apply) Monday to Thursday. Or send your questions to erl@spnsns.org.

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